

Food, glorious food.

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Every family has recipes that become favourites - whether they have been passed down through the generations or are more recent discoveries. Our modern times have seen a blending of cultures and different herbs, spices and techniques carried from one family over into another as migration has occurred.

In my own extended family there is the story of an Austrian regional recipe being taken to Australia early in the 1950's by a fresh young migrant who, for reasons of simplicity, modified the preparation method (he used a wok) and then this new technique being taken back to Austria years later by visiting family. The story goes that there is now a little Austrian village in the shadows of the Alps with the highest ownership of woks per capita outside of China. Read through some of the recipes submitted and why not send some of your own family favourites.